



Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
			1	2	<p><b>What is a Meal?</b> You must choose at least 3 of the 4 components available for the school breakfast price.</p> <ul style="list-style-type: none"> <li>- Choice of Whole Grain</li> <li>- Choice of Protein</li> <li>- Choice of Fruit</li> <li>- Choice of Milk</li> </ul> <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.</p> <p><b>Whole Grain Cereals (served with toast)</b> Cinnamon Toast Crunch, Trix, Cocoa Puffs, Fruity Cheerios, Rice Crunch, Kix, Cheerios, Froot Loops, Frosted Flakes</p> <p><b>Choice of Fruit</b> Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p><b>Choice of Milk</b> 1% white, fat-free white, chocolate, vanilla, and strawberry</p> <p><b>(V) Vegetarian</b> <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i></p> <p><b>(VG) Vegan</b> <i>These items do not contain any animal products</i></p>
5	6	7	8	9	
12	13	14	15	16	
19	20	21	22	23	
26	27	28	29	30	
<p>Whole Grain Cinnamon Bun</p> <p>Assorted 100% Fruit Juice Assorted Fresh Fruit or Canned Fruit Choice of Milk</p>	<p>Whole Grain Donut</p> <p>Assorted 100% Fruit Juice Assorted Fresh Fruit or Canned Fruit Choice of Milk</p>	<p>Mini French Toast</p> <p>Assorted 100% Fruit Juice Assorted Fresh Fruit or Canned Fruit Choice of Milk</p> <p>Mini Pancakes</p> <p>Assorted 100% Fruit Juice Assorted Fresh Fruit or Canned Fruit Choice of Milk</p>	<p>Whole Grain Mini Cinni</p> <p>Assorted 100% Fruit Juice Assorted Fresh Fruit or Canned Fruit Choice of Milk</p> <p>Apple Frudel</p> <p>Assorted 100% Fruit Juice Assorted Fresh Fruit or Canned Fruit Choice of Milk</p>	<p>Whole Grain Banana Breakfast Bread</p> <p>Assorted 100% Fruit Juice Assorted Fresh Fruit or Canned Fruit Choice of Milk</p> <p>Whole Grain Mini Cinni</p> <p>Assorted 100% Fruit Juice Assorted Fresh Fruit or Canned Fruit Choice of Milk</p>	
<p><b>Your Team</b> Tracy Drank, General Manager 570-674-7243ext. 1039 <a href="mailto:ma1042@metzcorp.com">ma1042@metzcorp.com</a></p>			<p><b>Meal Prices</b></p> <p>Student Breakfast \$0.00 Reduced Breakfast \$0.00 Faculty Breakfast \$3.00</p>		<p><b>Metz</b> CULINARY MANAGEMENT ENVIRONMENTAL SERVICES</p>

Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.



Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
			1	2	<p><b>What is a Meal?</b></p> <p>You must choose at least 3 of the 5 components available for the school lunch price.</p> <ul style="list-style-type: none"> <li>- Choice of Whole Grain</li> <li>- Choice of Protein</li> <li>- Choice of Vegetable</li> <li>- Choice of Fruit</li> <li>- Choice of Milk</li> </ul> <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.</p> <p><b>Choice of Vegetable</b></p> <p>Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables</p> <p><b>Choice of Fruit</b></p> <p>Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p><b>Choice of Milk</b></p> <p>1% white, fat-free white, chocolate, vanilla, and strawberry</p> <p><b>Daily Alternates</b></p> <p>Fresh Entree Salad of the Week Craveables Weekly Cold Cut Sandwiches or Wraps</p> <p><b>(V) Vegetarian</b> <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i></p> <p><b>(VG) Vegan</b> <i>These items do not contain any animal products</i></p>
5	6	7	8	9	
12	13	14	15	16	
19	20	Breaded Chicken Tender Dinner Roll 21	Corn Dog on a Stick 22	Italian Dunkers with Dipping Sauce (V) 23	
26	Beef Tacos Topping Bar 27	BBQ Rib Patty on a Bun 28	General Tso Chicken Steamed Rice 29	Buffalo Chicken Dip Tortilla Chips 30	
<p><b>Featured Veggies</b> Steamed Green Beans Fresh Vegetables Fresh Fruit Choice of Milk</p>	<p><b>Featured Veggies</b> Steamed Corn Fresh Vegetables Fresh Fruit Choice of Milk</p>	<p><b>Featured Veggies</b> Steamed Peas Fresh Vegetables Fresh Fruit Choice of Milk</p>	<p><b>Featured Veggies</b> Steamed Broccoli Fresh Vegetables Fresh Fruit Choice of Milk</p>	<p><b>Featured Veggies</b> Mixed Vegetables Fresh Vegetables Fresh Fruit Choice of Milk</p>	

**Your Team**  
Tracy Drank, General Manager  
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Meal Prices	
Student Lunch	\$2.65
Reduced Lunch	\$0.40
Faculty Lunch	\$4.00

